

09 Karemi Bhante Sutra

Vow of Sāmāyika -

Karemi Bhante Sutra is recited to take the vow of Sāmāyika. Sāmāyika means equanimity. In essence, the person follows the five great vows of conduct for the duration of Sāmāyika. During the duration of Sāmāyika, one should do meditation, Pratikraman, or religious study, and otherwise recite Namaskār Sutra continuously in silence. One should not attend to or think of any worldly matters.

करेमि भंते सूत्र

करेमि भंते !

सामाझयं सावज्जं जोगं पच्चक्खामि,

जाव नियमं पज्जुवासामि,

दुविहं, ति-विहेणं,

मणेणं, वायाए, काएणं,

न करेमि, न कारवेमि, तस्स भंते !

पडिक्कमामि, निंदामि, गरिहामि, अप्पाणं वोसिरामि.1.

Karemi Bhante Sutra:

karemi bhante !

sāmāyam sāvajjam jogam paccakkhāmi,

jāva niyamam pajjuvāsāmi, duviham, ti-vihenam,

manenam, vāyāe, kāenam, na karemi, na kāravemi,

tassa bhante ! padikkamāmi, nindāmi, garihāmi,

appānam vosirāmi.....1.

Meaning

Oh Forgiving Gurudev ! I will meditate, worship, and repent for my sins, or study religious scriptures for the duration of Sāmāyika.

I also take the vow of refraining from all wrongful activities.

With the two-fold activities; I will not do and I will not make others do any wrongful activities.

With three-fold activities of mind, speech, and body, I will not overlook any wrongful activities.

Oh respected Guruji! I give up all harmful activities of my mind, my speech, and my body. I criticize myself for my wrongful actions. I express disapproval of my de-merits. I am determined to free myself from worldly bondage.